

Course: **Grade 10 Physical Education**

Teacher: Mr. Aiken

Room: 119

E-mail: raiken@emsb.qc.ca

Texts/workbooks:

Course description: Physical Education is the opportunity for students to learn, develop and improve skills. Students will participate in both team and individual activities throughout the year 2 out of 7 days.

	TERM 1 (20%)	
<p><i>Competencies Targeted</i></p> <p>Competency 1 = Performs movement skills in different physical activity settings.</p> <p>Competency 2 = Interacts with others in different physical activity settings.</p> <p>Competency 3 = Adopts a healthy, active lifestyle. Fitness</p>	<p><i>Evaluation Methods</i></p> <p>Participation, game evaluation, individual skill assessment, quizzes, fitness testing</p>	<p><i>Timeline</i></p> <p>Every class</p>
	TERM 2 (20%)	
<p>Competency 1 = Performs movement skills in different physical activity settings.</p> <p>Competency 2 = Interacts with others in different physical activity settings.</p> <p>Competency 3 = Adopts a healthy, active lifestyle. Fitness</p>	<p>Participation, game evaluation, individual skill assessment, quizzes, fitness testing</p>	<p>Every class</p>
	TERM 3 (60%)	
<p>Competency 1 = Performs movement skills in different physical activity settings.</p> <p>Competency 2 = Interacts with others in different physical activity settings.</p> <p>Competency 3 = Adopts a healthy, active lifestyle. Fitness</p>	<p>Participation, game evaluation, individual skill assessment, quizzes, fitness testing.</p>	<p>Every class</p>

END OF YEAR RESULT										
Term 1 20%	+	Term 2 20%	+	Term 3 60%	=	100%				

Additional Information / Specifications
<ul style="list-style-type: none"> • All students are expected to participate in all classes. A medical note must be provided for a student to be excused from participation in Phys Ed class due to illness or injury. Evaluation in physical education is ongoing. It occurs every class. • Students should arrive to P.E. class wearing the proper gym uniform – Royal West burgundy t-shirt, Royal West grey shorts, socks and athletic footwear. Athletic footwear needs to have laces, slip-on shoes are not acceptable. Nylons and tights are not permitted. The regular PE uniform must be worn on Dress Down Days. • Hair must be properly secured. No jewellery. No eating, nor chewing gum in the gym. • Only RWA sweatshirts and sweatpants are permitted for outdoor classes. • Please purchase and use a lock to secure your belongings in the locker room during P.E. class. • Failure to comply with the above listed specifications will be reflected in the student’s mark.

Remediation Schedule	
Days 2 & 3	Time 12:30-1:10

Parent Signature: _____

Student’s Printed Name: _____

Student Signature: _____